

Four Tips To Use Food As Medicine To Improve Your Mood

Try these tips, have fun, be creative, and be amazed at the possibilities with your new perspective and relationship with your true, authentic self. Resources: WisdomWithinCt.com.

Allergic To Dairy? Look for probiotics elsewhere

If you are gassy and anxious, removing dairy can be a start. You may have more pleasant digestion and feel better without dairy. Swap dairy yogurt for goat's milk yogurt, which can be found at your local natural food store such as Fiddleheads Co-op in New London, Ct. Also, try coconut milk yogurt, kombucha, a fermented probiotic tea, and raw sauerkraut for healthy gut flora.

Low Carb Leaving You Tired at 2pm? Go For Whole Grains

Secondly, carbohydrates are fuel, power, and filled with fiber that will help you feel full longer. Focus on grains that need to be cooked on the stove for real fiber, energizing B vitamins, and sustainable, balanced energy. Try rye berries, brown rice, wheat berries, spelt berries, farro, amaranth (great for breakfast porridge), millet or quinoa.

Tumeric Brown Rice Recipe

1 TBS Turmeric
2 Cups Brown Rice/another whole grain
About 4 Cups Water/Chicken Broth
1 TBS Olive Oil

Bring to a boil. Place lid on top and simmer for 45-50 mins.

Gaining Weight? Try Relaxation Around Eating

Further, take three deep breaths before you eat to calm, center, and be present. Added weight and high cholesterol are side effects of too much stress. Sit down to eat rather than while driving or standing. And, to lower the feeling of being rushed and overwhelmed, embrace loving kindness with prayer before eating, breathe with each delicious bite of food, and really enjoy your food and life. When tense, take a gentle yoga class at Blissworks in New London, Ct or Zen and Now in Niantic. And, food and mood are deeply connected to emotion, so nurture your inner child, your childhood years, and remember to be your own best friend as you choose healthier coping skills.

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